



2018 Winter Issue

Volume 13, Issue 1

a newsletter for friends of GMTRC



For many of us, just walking into the arena is therapeutic to the senses! When I've been away, I always miss the partnerships between our horses, program participants, caregivers, volunteers, staff, board members, donors and sponsors. Each relationship is magical independently, but ultimately, the horses bring out something special in us, individually and collectively. I love to observe how people are forever changed by deeper relationships with our equine friends. Horses teach us respect, a new point of view, physical and emotional awareness, teamwork, leadership, safety in community, anxiety reduction, friendship, the value of observation, and most importantly, how to be present and in the moment. Read on to learn how 2018 is the perfect year for you to join up in partnership with GMTRC!

Linda Leiden, Instructor/Board Advisor

In this issue:

- **Programs: GMTRC Instructors**
- **Community Outreach: Adopt A Horse; Social Media; Resource Fair**
- **Volunteer Coordinator: Stephanie**
- **From the Barn: Lisa**
- **Celebrate GMTRC, December 2017**
- **Board of Directors: Tom O'Brien, President**



Pony Pals

*Left to right,
Makeda
Bailey
Lacey*

PROGRAMS: GMTRC Instructors

THERAPEUTIC-ADAPTIVE RIDING LESSONS:

- Session 1:** Feb. 5—Mar. 17
- Session 2:** Mar. 26—May 5
- Session 3:** May 14—June 23
- Session 4:** July 9—Aug. 18
- Session 5:** Sept. 4—Oct. 13
- Session 6:** Oct. 22—Dec. 1

To register for riding lessons or clinics, call or text the program phone, **717-615-9222**, or email lead.instructor.gmtrc@gmail.com

To inquire about billing or forms, call **717-844-1798** or general.info.gmtrc@gmail.com

ADULT HORSEMANSHIP CLINICS:

Have you ever talked to a horse? Students ages 16 and up are invited to join us for **"Horse Conversations: How Horses 'Talk' and You Can Listen," 1 to 3 p.m. Sat., March 10**, at the barn. Cost is \$50, and full rider documentation is required. **Future clinic dates include:**

Apr. 14 May 12 June 9 Aug. 11 Oct. 13

As always, please view our website for photos, forms, and further information:
www.greystonemanortrc.org



Linda at PATH International's ESMHL Certification workshop in SC

"Winter break allows our staff time to refresh required professional certifications and pursue continuing education opportunities. Gathering with like-minded equine assisted activities and therapeutic riding professionals from around the state, nation, and world empowers our staff to enhance programming at GMTRC"



COMMUNITY OUTREACH: Heather Mitterer, Community Outreach Coordinator

ADOPT-A-HORSE

Did you know that the cost of caring for one of our equine therapists increases each year? Would you like to help care for our herd? We invite you to Adopt-A-Horse! Check out Instructor Michelle Kaster's creative descriptions and photos of our 12 program horses on Facebook. Michelle will highlight one horse per month, with the goal of securing each a special sponsor for 2018. Share your likes and cheerful comments!

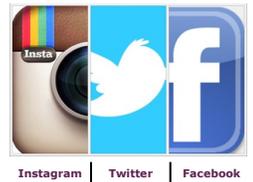


You can also go to our [website](#) for further information on Adopt-A-Horse opportunities.



SOCIAL MEDIA

We encourage all of our GMTRC friends to "like" the many photos and event posts shared on Facebook, Twitter and Instagram. Leave friendly comments, as well as GMTRC experiences and fun moments to encourage a sense of community. (Note: Please do not mention rider or volunteer names for privacy purposes.). Horse photos beat cat videos any day! Sorry Miagi!



RESOURCE FAIR FOR PARENTS, CHILDREN AND COMMUNITY MEMBERS

Hempfield School District and Hempfield Partners for Exceptional Children welcome you to their annual Resource Fair, 6:30 to 8 p.m. Monday, Feb. 26. (Snow date: Mar. 5) This wonderful event brings local educational, recreational and therapeutic agencies and resources to YOU! It's fun, interactive, and of course, GMTRC will host a table. Please visit!

Location: Landisville Intermediate Center, 330 Mumma Drive, Landisville

VOLUNTEERS: Steph Miller, Volunteer Coordinator

THANK YOU to everyone who has given their time to help make a difference this past year at GMTRC! It's impossible to express just how grateful I am for everything our volunteers accomplished in 2017. More than 180 volunteers donated 11,466 total hours to maintain our barn, organize special events and projects, and of course, assist in all of our therapeutic lessons.

Now it's time to get rolling in 2018! There are plenty of ways to get (and stay) involved:

- Sidewalk or lead in therapeutic lessons
- Assist during a barn duty shift
- Become a schooling rider
- Help plan and carry out special events and projects
- Join our Board of Directors
- Contribute with special skills and ideas – let us know what you're thinking!

PAPERWORK: Make sure to get your registration, waiver, availability and clearances submitted for the new year, so you can get started. All forms can be found at the barn or on our website, greystonemanortrc.org, under the "Volunteer" tab. As always, any questions or comments are welcome by email vol.coordinator.gmtrc@gmail.com or phone, **717-203-7388**. Help us make 2018 Greystone Manor TRC's best year yet!

2018 VOLUNTEER TRAINING: Volunteer training is back! This year, GMTRC will offer a rotation of four courses to ensure that there really is something for everyone. We're also including a few Saturday sessions to give our volunteers more opportunities to attend. **Check out the 2018 schedule below.** Detailed course descriptions and a sign-up sheet for the next training can be found in the barn volunteer room, or you may contact me as noted above. Fresh staff faces will be helping with training!

DATE	DAY	TIME	TOPIC
Feb. 17	Saturday	1 to 3 p.m.	Equine Sensory Input
Mar. 14	Wednesday	6:30 to 8:30 p.m.	Horsemanship Course
April 11	Wednesday	6:30 to 8:30 p.m.	Horse Leading Seminar
May 9	Wednesday	6:30 to 8:30 p.m.	Lesson Volunteering
June 13	Wednesday	6:30 to 8:30 p.m.	Equine Sensory Input
July 14	Saturday	1 to 3 p.m.	Horsemanship Course
Aug. 8	Wednesday	6:30 to 8:30 p.m.	Horse Leading Seminar
Sept. 8	Saturday	1 to 3 p.m.	Lesson Volunteering
Oct. 10	Wednesday	6:30 to 8:30 p.m.	Equine Sensory Input
Nov. 14	Wednesday	6:30 to 8:30 p.m.	Horsemanship Course
Dec. 1	Saturday	1 to 3 p.m.	Horse Leading Seminar

EQUINE SENSORY INPUT

This session will focus on understanding how the horse perceives and interprets its environment. This seminar will take a look at how equines use their behavior, personality and sensory input to communicate with you, others and their surroundings. We will also apply these concepts to horse behavior during the therapeutic riding lesson.



Hooves and Hearts 4-H Club offered 25 volunteers to scrub and shine our facility prior to the start of 2018 sessions on February 3rd. Thank you!



BOARD OF DIRECTORS

Thomas G. O'Brien, president
Elizabeth A. Newell, vice president
Drew Hostetter, treasurer
Mary Beth Schweigert, secretary
Eric Robert Lukacs
Lauren Maxwell
Randy Metz
Alisa L. Pitt
Linda Leiden, board advisor

MAILING ADDRESS:

PO Box 10724
Lancaster, PA 17605-0724

Ph: (717) 615-9222

Please send newsletter comments to:
general.info.gmtrc@gmail.com

Greystone Manor Therapeutic Riding Center is a non-profit organization with 501(c)(3) status



CELEBRATE GMTRC, DECEMBER 2017

"Celebrate GMTRC" was a tremendous success! We were thrilled to see a packed house of GMTRC's friends and families enjoying our annual end-of-year party and awards presentation. Delicious Weaver's subs, snacks, cake and refreshments filled us up almost as much as the enduring, nourishing friendships among riders, volunteers, staff, board members, their families and friends. We appreciate everyone who donated an auction basket, decorations or time to make it a memorable afternoon. Congratulations again to our award-winning riders and volunteers (That's ALL OF YOU!). You made 2017 our most successful year to date. Cheers to 2018!

BOARD OF DIRECTORS: Tom O'Brien, President

On behalf of the Board of Directors, I am pleased to announce two new staff positions to Greystone Manor TRC. Welcome **Michelle Kaster and Katie Gingrich** in their new roles at GMTRC!

Effective March 1, Michelle will step into her position as our new Programs and Instruction Coordinator. This is a full-time position and will be the lead person for our program.

Also, effective March 1, Katie will step into a new position as our Programs and Instruction Support Coordinator. This is a half-time position and will be the second lead for our program reporting to Michelle.

As these roles will complement each other, we are delighted that both Michelle and Katie have accepted these positions.

The Board of Directors is also pleased to announce the addition of two new part-time **Barn Assistants. Alice Brubaker and Diane Garrett** joined the team in January with shared duties consisting of caring for our herd and maintaining our barn for the riding program. Alice and Diane are very familiar with the programs and staff of GMTRC with previous experience as volunteers at GMTRC.

Please join me in welcoming Michelle, Katie, Alice and Diane! We are excited you have accepted and look forward to a fabulous 2018 at the barn!

Thank you, *Tom*

Meet our new staff



FROM THE BARN: Lisa Carvell, Barn Mgr



Part of Terri's Sunday volunteer barn duty crew who used their ingenuity to set up the round pen for GMTRC's instructors!